

## ENRICH YOUR LIFE !



**CHANGING CANADIANS' HEALTH - ONE PERSON  
AT A TIME**

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### Product Index

## **C-Curity™**

**Item # 010**

**Quantity: 90 capsules, 605 mg each**

**Retail Price: \$39.95**

As a free radical scavenger, vitamin C keeps many different parts of you humming like a well-tuned motor. Robert A. Jacob, in a 1991 article in *The American Journal of Clinical Nutrition*, lists some of vitamin C's amazing feats as an antioxidant; for example, vitamin C prevents cardiovascular disease by protecting blood fats from being oxidized and transformed into dangerous plaque along artery walls. Vitamin C also protects the eyes from oxidation, helping prevent cataracts, macular degeneration and other assaults on sight. It also protects sperm from oxidative damage that can lead to infertility or dangerous mutations in a child who is conceived.

Human beings are unable to produce vitamin C within our bodies. This makes it especially crucial to ensure our vitamin C intake is adequate. In nature, there are at least seven forms of vitamin C. Each occurs naturally, some in fruit, others in vegetables, and each one plays an essential role in human nutrition. Most vitamin C products contain only one form of vitamin C: L-ascorbic acid. Because regular L-ascorbic acid is very acidic, and is absorbed in the mouth, it can cause problems such as canker sores, stomach upset and diarrhea. In addition, over time, chewable L-ascorbic acid tablets can destroy the enamel on your teeth.

Enrich makes it their business to ensure you receive the best quality formulations available. C-Curity incorporates calcium ascorbate, L-ascorbic acid, dietary ascorbigens, dehydroascorbic acid, isoascorbic acid, calcium isoascorbic palmitate and ascorbyl palmitate in addition to grapefruit pectin, bioflavonoids and EnriDole 3-C™(12 mg). Some of these forms of vitamin C are fat soluble which means they can stay in your intestines longer, adding additional anti-oxidant activity where it is needed. C-Curity is also pH-balanced so it will not cause diarrhea or sores.





Ron & Nancy Goodacre - Peterborough,  
Ontario  
PH: (705) 741-4515 FAX: (705) 741-5626  
Independent Enrich Distributor





For more information on Solgar Products please visit their website.

### **Gold Specifics Brain Modulators Tablets**



Advanced Multi-Nutrient Dietary Supplement  
SUGAR, SALT AND STARCH  
FREE SUITABLE FOR  
VEGETARIANS

Brain Modulators offer the cognition-enhancing nutrients and fatty acids responsible for the normal, healthy functioning of the brain.

This formula supports proper neurotransmission, cerebral blood flow and membrane fluidity (membrane flexibility that permits neurons to communicate more efficiently).

Three (3) tablets provide:  
Phosphatidylcholine 500 mg  
Acetyl-L Carnite 300 mg  
Vitamin B12 (cobalamin, dibenzozide) 200 mcg  
Folic Acid 200 mcg  
Phosphatidylserine (LECI- PS (TM) 160 mg  
DHA (docohexaenoic acid) 120 mg

Standardized Ginkgo Biloba (24% ginkgoflavoglycosides/6% terpene lactones) 80 mg

LECI-PS<sup>a</sup> is a registered trademark of Lucas Meyer, Inc.

**Available in bottles of 50 tablets.**

Tableted with these natural ingredients vegetable powdered cellulose, silica, vegetable magnesium stearate.

50 tablets £44.89

Add to order

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### Gold Specifics Cardiovascular Tablets



Advanced Multi-Nutrient Dietary  
Supplement

SUGAR, SALT AND STARCH  
FREE SUITABLE FOR  
VEGETARIANS

Cardiovascular Support offers  
cardio-protective nutrients that  
help maintain a healthy,  
functioning cardiovascular  
system.

This formula supports efficient  
circulation, as well as, vascular  
strength.

It also contains potent  
antioxidants and advanced  
phytonutrients that target the  
heart.

Three (3) tablets provide:

Taurine 800 mg

Trimethylglycine (beet) 800 mg

Soy Isoflavone Concentrated 400  
mg

L-Carnitine 300 mg

Magnesium (fully reacted  
glycinate/oxide) 200 mg

Standardized Hawthorne Berry  
Extract (1.8% vitexin) 125 mg

Cayenne Extract Power 100 mg

Coenzyme Q-10 (ubiquinon) 60  
mg

Grape Seed Extract (95%  
phenolics) 50 mg

Fully reacted chelates Albion  
process patent #4,599,152

Chelazomes

Tableted with these natural  
ingredients: vegetable powdered  
cellulose, vegetable stearic acid,  
vegetable magnesium stearate,  
silica.

**Available in bottles of 60  
tablets.**

60 tablets £23.89

Add to order

## Gold Specifics Cell Support Tablets



Advanced Multi-Nutrient Dietary Supplement  
SUGAR AND SALT FREE  
SUITABLE FOR VEGETARIANS

Cell Support offers cell-protective nutrients responsible for maintaining normal cellular growth, supporting normal immune function, and providing powerful antioxidant protection. This formula contains a unique group of phytonutrients - which are receiving a great deal of attention in both the traditional medical and alternative health communities - for the specific roles they play in protecting cells from free-radical damage.

Three (3) tablets provide:

Beta 1,3 Glucans (Yeast Cell Wall) 100 mg

D-Limonene 80 mg

Modified Citrus Pectin  
(average molecular weight 15 KD) 400 mg

Soy Isoflavone Extract 400 mg

Standardized Red Reishi  
Mushroom

Extract (4% triterpenes, 10% polysaccharides) 200 mg

KS-2 Standardized Shiitake  
Mycelia

Extract (3.2% KS-2) 200 mg

Quercetin (dimorphandra) 200 mg

Indole-3-Carbinol 5 mg

Lutein (marigold flower) 5 mg

Lycopene (tomato) 5 mg

Tableted with these natural ingredients: vegetable powdered cellulose, vegetable stearic acid, vegetable magnesium stearate, silica.

**Available in bottles of 50 tablets.**

50 tablets £32.45

Add to order

**Gold Specifics**

Advanced Multi-Nutrient Dietary Supplement

**Cholesterol Tablets****SUGAR AND SALT FREE  
SUITABLE FOR VEGETARIANS**

Cholesterol Modulators provide innovative natural ingredients that help maintain healthy cholesterol levels by inhibiting cholesterol production in the liver, interfering with cholesterol absorption, and providing powerful antioxidant protection. As part of a healthy diet and exercise regimen, this formula may not only help reduce total cholesterol levels in blood, but also increase the ratio of HDL (good) cholesterol to LDL (bad) cholesterol - and prevent oxidation of LDL cholesterol in arteries.

For many, it may be a natural complement to conventional cholesterol reduction treatments.

Three (3) tablets provide:

Standardized Gugulipid (2.5% guggulsterones) 600 mg

Tocotrienols 60 mg

Phosphatidylcholine 400 mg

Ultra Oat Bran Fiber 400 mg

Soy Isoflavone Concentrate 400 mg

Organic Garlic 300 mg

Xue Zhi Kang (fermented red yeast) 300 mg

Pantethine 200 mg

No-Flush Niacin (inositol hexanicotinate)

providing:

Niacin (vitamin B3)

Inositol 200 mg

Grape Seed Extract (95% phenolics) 50 mg

Organic Certification No. FT 045

Tableted with these natural ingredients: vegetable powdered cellulose, vegetable stearic acid, vegetable magnesium stearate.

**Available in bottles of 60 tablets.**

60 tablets £28.65 ▼

Add to order

## Gold Specifics GSH Modulators Vegicaps®



Advanced Multi-Nutrient Dietary Supplement  
SUGAR, SALT AND STARCH  
FREE SUITABLE FOR  
VEGETARIANS GSH  
(Glutathione) Modulators assist in  
the production of GSH, a  
powerful antioxidant and  
detoxifier, which the body  
produces to maintain general  
health and well being.  
GSH neutralizes cell-damaging  
free radicals, detoxifies the liver  
and binds heavy metals - such as  
mercury and cadmium - that  
destroy tissue.

This formula contains nutrients,  
such as n-acetyl-l-cysteine, alpha  
lipoic acid and selenium, which  
are essential for the synthesis of  
GSH.

It also includes vitamin C which  
studies indicate can increase  
tissue GSH levels.

Two (2) Vegicaps® provide:  
NAC (n-acetyl-l-cysteine) 500 mg

Vitamin C (l-ascorbic acid) 500  
mg

Alpha Lipoic Acid 120 mg

Selenium (l-selenomethionine)  
100 mcg

Encapsulated with these natural  
ingredients: vegetable powdered  
cellulose, vegetable magnesium  
stearate.

Vegicap capsule shell: vegetable  
carbohydrate gum, glycerin.

**Available in bottles of 60  
Vegicaps®.**

60 Vegicaps® £25.09

Add to order

## Gold Specifics Homocysteine Vegicaps®



Advanced Multi-Nutrient Dietary  
Supplement  
SUGAR, SALT AND STARCH  
FREE SUITABLE FOR  
VEGETARIANS  
Homocysteine Modulators  
contain nutrients, such as



trimethylglycine (TMG), vitamins B6 and B12 and folic acid, which are important methyl donors responsible for maintaining proper homocysteine levels in the body.

High levels of homocysteine, a metabolite of the amino acid methionine, are damaging to the cells that line the arteries and have been shown to play a role in the development of atherosclerosis (hardening of the arteries).

In healthy individuals, methionine converts to homocysteine and back to methionine.

This regulatory mechanism - called methylation - controls the amount of homocysteine in the body and requires sufficient available methyl groups (an organic group containing one carbon and three hydrogen atoms).

Two (2) Vegicaps® provide:  
Trimethylglycine (beet) 1000 mg  
Vitamin B6

(pyridoxine HCl, pyridoxal-5-phosphate) 50 mg

Vitamin B12 500 mcg

Folic Acid 400 mcg

Encapsulated with these natural ingredients: vegetable powdered cellulose, vegetable magnesium stearate.

Vegicaps capsule shell:  
vegetable carbohydrate gum,  
glycerin.

**Available in bottles of 60**

**Vegicaps®**

60 Vegicaps® £8.45

Add to order

## Gold Specifics Joint Modulators Tablets



Advanced Multi-Nutrient Dietary Supplement

**SUGAR AND STARCH FREE**

Joint Modulators help support and maintain healthy joint tissue.

This formula contains two of the most powerful cartilage -





protective agents: glucosamine sulfate and bovine cartilage - which is naturally rich in mucopolysaccharides, such as chondroitin sulfate.

Both glucosamine and chondroitin sulfates have been shown to be supportive agents in the health and repair of joint and cartilage tissue.

This formula includes ulva seaweed which contains an essential structural component of chondroitin sulfate, and vitamin C and manganese which help enhance cartilage composition. It also contains nutrients, such as standardized turmeric, grape seed extract and niacinamide that help inhibit collagen destruction by generating powerful anti-inflammatory and antioxidant activity.

Two (2) tablets provide:

Glucosamine Sulfate 1000 mg  
 Bovine Cartilage 500 mg  
 DLPA (DL-phenylalanine) 400 mg  
 Standardized Turmeric Extract (95% curcuminoids) 200 mcg  
 Ulva Seaweed 200 mg  
 L-Proline 200 mg  
 Vitamin B3 (niacinamide) 100 mg

Vitamin C (l-ascorbic acid) 100 mg

Grape Seed Extract (95% phenolics) 100 mg

Manganese (fully reacted glycinate ) 4 mg

Fully reacted chelates Albion process patent # 4,599,152

Chelazomes

Tableted with these natural ingredients: vegetable powdered cellulose, vegetable stearic acid, vegetable magnesium stearate.

**Available in bottles of 60 tablets.**

60 tablets £35.95 ▼

Add to order





## **OPTEIN™**

### **The 3-in-1 Wellness Beverage from Solgar**



OPTEIN™, a new dietary supplement from Solgar is a high protein, low fat wellness beverage enriched with vitamins, minerals and phytonutrients.

OPTEIN™ is not only great tasting, it may also help to support the immune system, help produce energy and help you adapt to the physical stress of an active lifestyle.+++

OPTEIN™ comes in a powdered form and is available in both natural chocolate malt and natural vanilla cream flavors. Just one scoop added to 8 ounces of milk, rice milk, soy milk or water provides a wellness beverage that delivers multiple nutritional benefits and tastes terrific.

#### **The OPTEIN™ formula also includes:**

- 23 essential vitamins and minerals
- 7 sources of fiber including oat fiber, black currant fiber, apple fiber, lemon fiber, rice fiber, and apple pectin
- Protein from 3 Sources: Soy, Whey and Spirulina
- Phytonutrients including:
  - Blend of Kamut®, Barley and Wheat Grass
  - Blend of Reishi, Maitake and Shiitake mushrooms
  - Fruit polyphenols

And of course the two flavors currently available are all natural:

- Natural Vanilla Cream
- Natural Chocolate Malt

## OPTEIN™, the 3-in-1 Wellness Beverage

OPTEIN™ is just one of the many high quality dietary supplement formulas brought to you by Solgar. Advancing the science of nutrition for over 50 years.

+++ The above statements have not been approved by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

### Supplement Facts

Serving Size: 35 G (approx. 1 Level Scoop)  
Servings Per Container: 15

	Amount Per 1 Level Scoop	% Daily Value
Calories	125	
Calories from Fat	10	
Total Fat	1 G	2%*
Saturated Fat	0.5 G	3%*
Cholesterol	5 MG	2%*
Total Carbohydrate	17 G	6%*
Dietary Fiber	3 G	12%*
Sugars	8 G	**
Protein	12 G	24%*
Vitamin A (as [3600 IU] palmitate, 18% [1400 IU] as natural beta carotene from Dunaliella salina)	5000 IU	100%
Vitamin C (as L-ascorbic acid)	45 MG	75%
Vitamin D (as cholecalciferol)	300 IU	75%
Vitamin E (as D-alpha tocopheryl acetate)	23 IU	77%
Thiamin (as thiamin mononitrate)	1.1 MG	73%
Riboflavin	1.3 MG	76%
Niacin (as niacinimide)	15 MG	75%
Vitamin B6 (as pyridoxine hydrochloride)	1.5 MG	75%
Folic Acid	300 MCG	75%
Vitamin B12 (as cyanocobalamin)	5 MCG	83%
Biotin (as D-biotin)	200 MCG	67%
Pantothenic Acid (as D-calcium pantothenate)	7.5 MG	75%
Calcium (as calcium carbonate, calcium from proteinate)	200 MG	20%
Iron (as reduced iron, iron from proteinate)	9 MG	50%
Iodine (as potassium iodide, brown seaweed extract)	115 MCG	77%
Magnesium (as magnesium oxide, magnesium from proteinate)	100 MG	25%
Zinc (as zinc oxide)	11 MG	73%
Selenium (selenium from proteinate, brown seaweed extract)	14 MCG	20%
Copper (as copper gluconate)	1.5 MG	75%
Manganese (manganese from proteinate)	0.4 MG	20%
Chromium (as chromium polynicotinate)	24 MCG	20%
Molybdenum (as molybdenum from proteinate)	15 MCG	20%
Sodium+	120 MG	5%
Potassium (from malted cereal solids)	70 MG	2%
Lecithin (from lecithin oil)	500 MG	**
Dried Red Beet Powder	50 MG	**
Dried Broccoli Powder (Brassica aleracea) (aerial)	50 MG	**
Dried Carrot Powder (Daucus carota) (root)	50 MG	**
Spirulina Powder	50 MG	**
Alfalfa Sprouts Powder (Medicago sativa) (aerial)	50 MG	**
Kamut® Grass Powder (Triticum durham egyptum) (aerial)	50 MG	**
Wheat Grass Powder (Tritzum vulgare) (aerial)	50 MG	**
Barley Grass Powder (Hordeum vulgare) (aerial)	50 MG	**

eis i s roo xtract (Gano er a l c i i )	G	
Maitake Mushroom Extract (Gifola frondosa)	20 MG	**
Shiitake Mushroom Powder (Lentinus edodes)	20 MG	**
Brown Seaweed Extract	30 MG	**
Isoflavones (from soy concentrate ++)	20 MG	**
Octacosanol (from wheat germ oil)	250 MCG	**
Lactoferrins	10 MG	**
Glutamine Peptides	100 MG	**
Astragalus Extract (Astragalus membranaceus) (root)	20 MG	**
Schizandra Extract (Schizandra chinensis) (fruit)	20 MG	**
American Ginseng Extract (Panax quinquefolium) (root)	20 MG	**
Siberian Ginseng Extract (Acanthopanax seticosus) (root)	20 MG	**
Korean Ginseng Extract (Panax ginseng) (root)	20 MG	**
Rhodiola Extract (Rhodiola rosea) (root)	20 MG	**
Elderberry Extract (Sambucus nigra, canadensis) (berry)	20 MG	**
Fruit Polyphenols (from apple, apricot/nectarine, cherry, prune, pomegranate)	20 MG	**
Beta Glucan (from oat fiber)	25 MG	**
Dried Colostrum Powder	50 MG	**
Cytidine Monophosphate	5 MG	**
Adenosine Monophosphate	5 MG	**
Uridine Monophosphate	5 MG	**
Guanosine Monophosphate	5 MG	**
Phosphatidylcholine (from lecithin oil)	100 MG	**
Phosphatidylinositol (from lecithin oil)	20 MG	**

\* Percent Daily Values (DV) are based on a 2,000 calorie diet.

\*\*Daily Value (DV) not established.

#### VANILLA:

Other Ingredients: Malted Oat Cereal Solids, Soy Protein Isolate++, Crystalline Fructose, Whey Protein Isolate, Whey Protein Concentrate, Soy Protein Concentrate++, Apple Fiber, Oat Fiber, Natural Flavors (vanilla flavor, cream flavor), Gum Arabic, Apple Pectin, Black Currant Fiber, Lemon Fiber, Rice Fiber Concentrate, Fruit Concentrate.

#### CHOCOLATE:

Other Ingredients: Malted Oat Cereal Solids, Crystalline Fructose, Soy Protein Isolate++, Whey Protein Isolate, Whey Protein Concentrate, Dried Malt, Oat Fiber, Natural Chocolate Flavor, Dutch Cocoa, Soy Concentrate++, Apple Fiber, Gum Arabic, Apple Pectin, Dried Cream, Black Currant Fiber, Lemon Fiber, Rice Fiber Concentrate, Fruit Concentrate.

+ Naturally occurring; therefore amount may vary.

++ Not Genetically Modified, Soy From Nature.™

Kamut® is a registered trademark of Kamut International.

**WARNING:** Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under 6. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison control center immediately.

To assure freshness and potency, store in a cool, dry place away from heat, light and moisture. Keep out of reach of children.

This product is packed by weight, not by volume - settling will occur.

For more information call 1-877-SOLGAR 4



L8 ANSWER 18 OF 18 CAPLUS COPYRIGHT 2001 ACS

ACCESSION NUMBER: 1960:34615 CAPLUS

DOCUMENT NUMBER: 54:34615

ORIGINAL REFERENCE NO.: 54:6854b-d

TITLE: Effect of flavonoids on the colorimetric determination

of **L-ascorbic acid** with  
4-methoxy-2-nitroaniline

AUTHOR(S): Davidek, J.; Davidkova, E.

CORPORATE SOURCE: Zentralforsch. Inst. Lebensmittelind., Prague

SOURCE: Nahrung (1959), 3, 515-19

DOCUMENT TYPE: Journal

LANGUAGE: English

AB The colorimetric method of Schmall, et al. (C.A. 48, 956a), employing 4-methoxy-2-nitroaniline (I) for the detn. of **L-ascorbic acid** (II) in natural systems, has been subjected to a crit. analysis and has been found suitable and reliable for the detn. of II only

in exts. and materials which are not naturally colored (by flavonoids (III)) and rich in **pectin**. If III are present to the extent of an 8 fold excess, they interfere with the formation of the characteristic,

intense blue **color**, producing a brown-red **color**, instead, with I. Pectic substances are pptd. at the step where EtOH is customarily added, adsorbing part of the I, which reduces accuracy of the method even more. The addn. of iso-PrOH or another low-mol. alc. is necessary to elicit the characteristic, intense blue **color** during the reaction of II-contg. exts. with I.

CCESSION NUMBER: 1998:123996 CAPLUS  
 DOCUMENT NUMBER: 128:184696  
 TITLE: Easy to swallow oral medicament composition  
 INVENTOR(S): Gruber, Peter  
 PATENT ASSIGNEE(S): Losan Pharma G.m.b.H., Germany; Gruber, Peter  
 SOURCE: PCT Int. Appl., 65 pp.  
 CODEN: PIXXD2  
 DOCUMENT TYPE: Patent  
 LANGUAGE: German  
 FAMILY ACC. NUM. COUNT: 1  
 PATENT INFORMATION:

PATENT NO.	KIND	DATE	APPLICATION NO.	DATE
WO 9806385	A1	19980219	WO 1997-CH299	19970814
W: AU, BG, BR, CA, CN, CZ, HU, JP, NO, PL, RO, RU, SI, SK, TR, UA,				
RW: AT, BE, CH, DE, DK, ES, FI, FR, GB, GR, IE, IT, LU, MC, NL, PT,				
AU 9736912	A1	19980306	AU 1997-36912	19970814
EP 918513	A1	19990602	EP 1997-933611	19970814
EP 918513	B1	20001206		
R: AT, BE, CH, DE, DK, ES, FR, GB, GR, IT, LI, LU, NL, SE, MC, PT, IE, FI				
JP 2000516222	T2	20001205	JP 1998-509262	19970814
AT 197900	E	20001215	AT 1997-933611	19970814
PRIORITY APPLN. INFO.: CH 1996-2006 A 19960815				
WO 1997-CH299 W 19970814				

AB An easy-to-swallow pharmaceutical compn. consists of .gtoreq.1 coated particles with a core which contains an active substance and a coat with .gtoreq.1 layers. The coating layer(s) contains .gtoreq.1 hydratable, pharmaceutically acceptable polymer which, on contact with saliva or water, forms a coherent, moldable, viscous mass with a slippery surface which does not adhere to the mucous membranes of the mouth, and which prevents the active substance-contg. particles from leaving the mass and releasing the active substance in the mouth cavity. The (outermost) coating layer contains .gtoreq.1 salivation-promoting agent. The properties of the coating make the compn. suitable for administering highly dosed or bad-tasting active substances and even for swallowing without any liq. Thus, a soln. of ciprofloxacin 2000, Crospovidone XL-M 110, PVP K90 60, water 900, and EtOH 1800 g was spray-coated onto sucrose crystals 0.3-0.6 mm in diam. to produce core particles, which were then coated first with a powd. mixt. of NaCl 50, Na saccharin 50, and Na carboxymethylstarch 50 g, and finally [after moistening with EtOH-H2O (1:1)] with a powd. mixt. of Na CM-cellulose 275 and talc 75 g.

L10 ANSWER 2 OF 2 CAPLUS COPYRIGHT 2001 ACS  
 ACCESSION NUMBER: 1990:614167 CAPLUS  
 DOCUMENT NUMBER: 113:214167  
 TITLE: Glucomannan products and the method of coagulation thereof  
 INVENTOR(S): Seiki, Harada; Masatsugu, Ito; Koichi, Iwanami; Kenichi, Hashimoto  
 PATENT ASSIGNEE(S): Unicolloid K. K., Japan; Nippon Oils and Fats Co., Ltd.  
 SOURCE: Eur. Pat. Appl., 10 pp.  
 CODEN: EPXXDW  
 DOCUMENT TYPE: Patent



LANGUAGE: English  
FAMILY ACC. NUM. COUNT: 1  
PATENT INFORMATION:

PATENT NO.	KIND	DATE	APPLICATION NO.	DATE
EP 387899	A1	19900919	EP 1990-105010	19900316
R: DE, FR, GB, IT				
JP 02245148	A2	19900928	JP 1989-63538	19890317
JP 03247244	A2	19911105	JP 1990-42420	19900226
CN 1045982	A	19901010	CN 1990-101397	19900317
US 5049401	A	19910917	US 1990-496204	19900319
PRIORITY APPLN. INFO.:			JP 1989-63538	19890317
			JP 1990-42420	19900226

AB Glucomannan is encapsulated with carboxylic acids which are coated with a hydrophobic substance, and the encapsulated matters are coagulated by heating with similarly coated alkalies to give coagulated products useful in noncaloric and imitation foods. Thus, a coagulated product (A) having neutral pH was prepd. in this manner from Konjak powder 75, carrageenin 10, Na alginate 3, xanthan gum 1, cellulose 5, herring oil-coated food additive-grade NaOH 2, and soya oil-coated citric acid 3.2 parts. Kneading ground fish meat 100, the A 20, salt 1.5, sugar 1.5, glucose 0.6, crab ext. 2.0, crab flavoring agent 0.5, and ice water 40 parts, molding, heating, and retort processing gave crab kamaboko (boiled crab meat paste).

=>